

## Wellness Plan – Glenn Bailey

17/3/2022

### Goals:

- Continue reducing stomach discomfort through supplementation and diet
- Reduce aches and pains in muscles and joints by reducing inflammation via supplementation and dietary measures

### Prescription:

Name	Breakfast	Lunch	Dinner	Before Bed
Metagenics Inflavonoid Sustained Care	2 capsules with first food of day			
Ancient Minerals Magnesium Oil	Use when required – spary on sore muscles and joints to aid with pain relief			
Lipitor & Nexium				Take before bed to separate from other supplements

\*Continue with the GIT Immunobiotic as previously prescribed – take in the morning away from Lipitor and Nexium

\*Take Lipitor and Nexium at night before bed

### Dietary Advice:

- Inflammation is the likely driver behind your joint and muscle aches and pain – we can target this through anti-inflammatory herbs and nutrients as recommended in the prescription above, but eating an anti-inflammtory diet can also assist in reducing these aches and pains. I have included an Anti-Inflammtory Diet handout for you with this email which outlines foods which are good at reducing inflammation, and those that tend to increase inflammation. Even but just adding or swapping out a few different foods will not only help with your aches and pains, but will also have a beneficial outcome on your gut health also.

- Please increase your water intake. Lets aim for at least 1 litre per day for now. Drinking more fluids will help reduce painful poos and also help to reduce inflammation causing joint pain. Buy a drink bottle and take it to work with you to drink throughout the day. If you forget to drink it, drink it on the drive home. You have a physical job so replacing the water you lose through sweating is also very important.
- Try to have some protein in the mornings for breakfast as this will help kick start your metabolism for the day. As mentioned, protein is made up of amino acids and is so important for so many of your body functions from energy to mood to digestion. An easy way to increase protein in the morning is to make a smoothie with protein powder in it. You could make this and take it with you to drink mid morning if you are not hungry first thing. Add things like berries, chia seeds or some nut butter for some extra nutrients. Or another idea is to make overnight oats – you can make the whole weeks worth in separate containers on a Sunday afternoon and have them ready to go. Recipe:

An orange rectangular card with a downward-pointing chevron at the bottom. The card contains text for an 'Overnight Oats' recipe.

**Overnight Oats**

\*A batch can be made at the start of the week & kept in the fridge making it a quick, healthy & time saving option.

**Ingredients based on one serve:**

- 1/2 cup rolled oats
- 1/2 cup milk of choice
- 1/4 cup greek yoghurt
- 1 tablespoon chia seeds
- 1/4 teaspoon vanilla essence

**Method:**

- Place ingredients into a large glass container & mix until combined
- Cover & place in fridge overnight
- Top with nuts, fresh fruit & more yoghurt if desired
- Enjoy!

**Referral:**

- **Please send through copies of previous test and pathology results**
- Follow up with your GP in regards to getting some blood tests done. Long term Nexium use has been shown to lower iron and B12 levels due to malabsorption from lower hydrochloric acid in the stomach. There is also an increased risk of Osteoporosis with long term use so calcium and vitamin D are also worth getting checked.